

My Life

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gary Stubbs (UK) - February 2011
音乐: My Life (Radio Edit) - Chanel : (2:46)



Intro 16 Counts, Start on Lyrics.

R Rock Forward, Sailor 3/4 , Step Half Turn , Coaster Step.

- 1-2 Rock Right Foot Forward, Recover Weight Onto Left.
3&4 Cross Right behind Left making 1/2 turn Right. Step Left beside Right making 1/4 turn Right, Step Forward Right.
5-6 Step Left Foot Forward, Make a 1/2 turn Left Stepping Right Foot Back .
7&8 Step Left Back , Step Right Next To Left , Step Left Foot Forward.

Rock and Cross x 2 , Point and Point , Heel Switches.

- 1&2 Rock Right To Right Side , Recover onto Left, Cross Right Over Left.
3&4 Rock Left To Left Side , Recover Onto Right , Cross Left Over Right.
5&6& Point Right To Right Side, Step Right Next To Left, Point Left to Left Side, Step Left Next To Right.
7&8& Touch Right heel forward, Step Right beside Left, Touch Left Heel Forward , Step Left Besides Right.

Rock Recover , Full Turn , Rock Recover , Shuffle Half Turn.

- 1-2 Rock Right Forward , Recover Back Onto Left.
3&4 Make A Full Turn Stepping Right , Left.
5-6 Rock Back Onto Right , Recover Back Onto Left.
7&8 Shuffle a half turn over your Left Shoulder Stepping Right , Left , Right.

Shuffle 1/2, R Mambo , L Shuffle Back ,Back Rock.

- 1&2 Step left ¼ turn left, Step right together, Step left forward ¼ turn left
3&4 Rock Forward Right , Recover onto Left , Step Back Right
5&6 Step Left Back , Step Right Next To Left , Step Left Back.
7-8 Rock Right Back , Recover onto Left.
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